

Coconut Workouts

Half Full Distance Triathlon



BASE WEEK 15

Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

BASE WEEK 15

Week's Objectives:

- 1.)
- 2.)
- 3.)

Week Totals:

Swim: 4700
Bike: 104
Run: 18
Hours: 10:55

Swim Base (100 M) 1:45
Bike Base (mph) 22.0
Run Base (mile time) 7:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME				
Monday -- RUN								Thursday -- BIKE											
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04	Warm-up	Warm-up	1	7.7	70%	30:00		0:30:00				
Pacing	Steady state	1	2.5	80%	24:13	1:00	25:13	Steady State	85 cadence	5	3.4	85%	10:00	1:00	0:55:00				
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32	Warm-down	Warm-down	1	1.5	80%	5:00		0:05:00				
Pacing			Distance:	4.0			Total Time:	Pacing			Distance:	26.3			Total Time:				
Monday -- SWIM								Friday -- RUN											
								<i>(or Interval)</i>											
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15	Warm-Up	Warm-up	1	1.0	70%	11:04		11:04				
Drill	Catch-up	1	25	75%	0:35	0:10	0:45	Fartlek	Variable	1			29:04	1:00	30:04				
Drill	Distance/Stroke	1	25	75%	0:35	0:10	0:45	Warm-Down	Warm-down				5:32		5:32				
Drill	Turnover	1	25	100%	0:26	0:10	0:36	Total Time:											
Drill	Combine All	1	25	100%	0:26			<i>(or Interval)</i>											
Main Set	Freestyle	4	200	80%				6:15	1:00	7:15									
Drill	Sculling	1						0:53	0:10	1:12									
Warm-Down	Warm-down							1:10	0:10	1:30									
1 Set Interval								0:53	0:10	1:12									
Tuesday -- BIKE								Wednesday -- SWIM											
Warm-up	Warm-up	1						8:14	8:45	8:45									
Climb--Rollers	8							12:21	6:34	13:07									
Warm-down	Warm-down	1						1:10	1:00	2:10									
Climb Day								6:15		6:15									
Wednesday -- RUN								Thursday -- BIKE											
Warm-Up	Warm-up	1						10:00		0:10:00									
Pacing	Steady state	1						30:00	5:00	0:35:00									
Warm-Down	Warm-down	1						5:00		0:05:00									
Pacing								Total Time:											
Wednesday -- SWIM								Friday -- RUN											
Warm-Up	Warm-up	1						5:32		5:32									
Drill	Catch-up	1						80%	38:45	1:00	39:45								
Drill	Distance/Stroke	1						70%	5:32		5:32								
Main Set	Freestyle	4	1550	80%	34:32		38:21												
Drill	Sculling	1																	
Warm-Down	Warm-down	1																	
1 Set Interval																			
Thursday -- BIKE								Sunday -- BIKE											
Warm-up	Warm-up	1						Warm-up	Warm-up	1	11.6	70%	45:00		0:45:00				
Steady State	Spin	1						Steady State	Spin	1	15.6	85%	45:00	5:00	0:50:00				
Rolling Hills	85-90 Cadence	1						Rolling Hills	85-90 Cadence	1	9.7	85%	30:00	1:00	0:31:00				
Warm-down	Warm-down	1						Warm-down	Warm-down	1	2.6	70%	10:00		0:10:00				
Steady & Rolling								Steady & Rolling			Distance:	39.4			Total Time:				



Call for Power, Flexibility & Workout Objectives: 1.630.457.7889

Coconut Workouts

Half Full Distance Triathlon

BUILD Phase-1 Week 1

Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

BUILD Phase-1 Week 1

Week's Objectives:

- 1.)
- 2.)
- 3.)

Week Totals:

Swim: 5150
Bike: 106
Run: 20
Hours: 11:05

Swim Base (100 M) 1:45
Bike Base (mph) 22.0
Run Base (mile time) 7:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN								Thursday -- BIKE							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04	Warm-up	Warm-up	1	3.9	70%	15:00		0:15:00
Pacing	Steady state	1	3.0	80%	29:04	2:00	31:04	Chain Links	90 cadence	20	0.7	95%	1:00	1:00	0:40:00
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32	Warm-down	Warm-down	1	8.8	80%	30:00		0:30:00
Descending		Distance:		4.5	Total Time:		0:47:40	Links		Distance:		26.6	Total Time:		1:25:00
Monday -- SWIM								Friday -- RUN							
<i>(or Interval)</i>								<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15	Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Drill	Catch-up	2	25	75%	1:10	0:10	1:30	Pacing	Steady state	1			29:04	1:00	30:04
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30	Warm-Down	Warm-down				5:32		5:32
Drill	Turnover	2	25	100%	0:53	0:10	1:12	Total Time: 0:46:40							
Drill	Combine All	2	25	100%	0:53	0:10	1:12	<i>(or Interval)</i>							
Main Set	Freestyle	1	100	80%								5:00	1:00	6:00	
Main Set	Freestyle	1										3:41	0:58	3:53	
Main Set	Freestyle	1										24:42	6:34	26:15	
Main Set	Freestyle	1										1:10	1:00	2:10	
Main Set	Freestyle	1										2:30		2:30	
Drill	Sculling	1	50	75%	1:10	1:00	2:10	37:03 Total Time: 40:48							
Warm-Down	Warm-down	1	250	70%	6:15		6:15					10:00		0:10:00	
5 Set Ladder		Distance:		1750	Total Time:		38:20					45:00	5:00	0:50:00	
Tuesday -- BIKE								Wednesday -- RUN							
Warm-up	Warm-up	1	3.9	70%	15:00		0:15:00	Warm-Up	Warm-up	1	7.7	70%	30:00		0:30:00
Climb--Rollers	8	8	0.7	90%	1:00	1:00	0:02:00	Fartlek	Warm-up	1	0.7	90%	1:00	1:00	0:02:00
Climb--Rollers	9	9	1.0	90%	2:00	1:00	0:03:00	Tempo	Steady state	1	1.0	90%	2:00	1:00	0:03:00
Climb--Rollers	8	8	1.3	90%	3:00	1:00	0:04:00	Warm-Down	Warm-down	1	1.3	90%	3:00	1:00	0:04:00
Climb--Rollers	7	7	1.7	90%	4:00	1:00	0:05:00	Total Time: 0:52:03							
Warm-down	Warm-down	1	2.0	90%	5:00	1:00	0:06:00	"Flat" Climb Day							
Wednesday -- RUN								Thursday -- BIKE							
Warm-Up	Warm-up	1	7.7	70%	30:00		0:30:00	Warm-up	Warm-up	1	7.7	70%	30:00		0:30:00
Fartlek	Warm-up	1	0.7	90%	1:00	1:00	0:02:00	Speed	90 cadence	1	0.7	90%	1:00	1:00	0:02:00
Tempo	Steady state	1	1.0	90%	2:00	1:00	0:03:00	Speed	90 cadence	1	1.0	90%	2:00	1:00	0:03:00
Warm-Down	Warm-down	1	1.3	90%	3:00	1:00	0:04:00	Speed	90 cadence	1	1.3	90%	3:00	1:00	0:04:00
Mash-up		Distance:		5.0	Total Time:		0:49:15	Speed	90 cadence	1	1.7	90%	4:00	1:00	0:05:00
Wednesday -- SWIM								Friday -- RUN							
<i>(or Interval)</i>								<i>(or Interval)</i>							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15	Speed	90 cadence	1	2.0	90%	5:00	1:00	0:06:00
Drill	Catch-up	2	25	75%	1:10	0:10	1:30	Speed	90 cadence	1	1.7	90%	4:00	1:00	0:05:00
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30	Speed	90 cadence	1	1.3	90%	3:00	1:00	0:04:00
Drill	Turnover	2	25	100%	0:53	0:10	1:12	Speed	90 cadence	1	1.0	90%	2:00	1:00	0:03:00
Drill	Combine All	2	25	100%	0:53	0:10	1:12	Speed	90 cadence	1	3.6	90%	1:00	10:00	0:11:00
Main Set	Freestyle	5	200	80%	20:35	4:23	21:52	Steady State	85 cadence	1	9.1	80%	30:00	1:00	0:31:00
Drill	Sculling	1	50	75%	1:10	1:00	2:10	Warm-down	Warm-down	1	3.9	70%	15:00		0:15:00
Warm-Down	Warm-down	1	250	70%	6:15		6:15	Ladder-Steady							
1 Set Interval		Distance:		1750	Total Time:		42:58	Distance:		34.8	Total Time:		1:59:00		



Call for Power, Flexibility & Workout Objectives: 1.630.457.7889

Coconut Workouts

Half Full Distance Triathlon

RECOVERY WEEK Phase 1

Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

RECOVERY WEEK Phase 1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	5000
Bike:	87
Run:	18
Hours:	9:55
Swim Base (100 M):	1:45
Bike Base (mph):	22.0
Run Base (mile time):	7:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME	TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME								
Monday -- RUN								Thursday -- BIKE															
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04	Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00								
Pacing	Steady state	1	3.0	75%	31:00	1:00	32:00	Mix	Spin & Climb	1	13.5	80%	45:00	1:00	0:46:00								
Warm-Down	Warm-down	1	0.5	70%	5:32		5:32	Warm-down	Warm-down	1	1.4	75%	5:00		0:05:00								
Pacing		Distance:		4.5		Total Time:		0:48:36		Rolling Hills		Distance:		17.4		Total Time:		1:01:00					
Monday -- SWIM								Friday -- RUN															
<i>(or Interval)</i>																							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15	Warm-Up	Warm-up	1	1.0	70%	11:04		11:04								
Drill	Catch-up	2	25	75%	1:10	0:10	1:30	Pacing	Steady state	1			29:04	2:00	31:04								
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30	Warm-Down	Warm-down				5:32		5:32								
Main Set	Freestyle	2	300	80%	12:21	6:34	13:07	Total Time:								0:47:40							
Main Set	Freestyle	2	200	85%	7:47			<i>(or Interval)</i>															
Drill	Sculling	1	50	75%				5:00		1:00			6:00										
Warm-Down	Warm-down	1						1:10		0:10			1:30										
Down Distance w/Speed								1:10		0:10			1:30										
Tuesday -- BIKE								9:43		10:18			10:18										
Warm-up	V							9:13		1:57			9:43										
Steady State	9							1:10		1:00			2:10										
Warm-down	V							5:00					5:00										
Steady State								32:26 Total Time:								36:11							
Wednesday -- RUN								Saturday -- BIKE															
Warm-Up	V							Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00								
Recovery	E							Steady State	90 cadence	1	23.7	85%	75:00	1:00	1:16:00								
Warm-Down	V							Warm-down	Warm-down	1	1.4	75%	5:00		0:05:00								
Recovery								Steady State								Distance:		27.6		Total Time:		1:31:00	
Wednesday -- SWIM								Sunday -- BIKE															
Warm-Up	V							Warm-up	Warm-up	1	2.6	70%	10:00		0:10:00								
Drill	C							Steady State	90 cadence	1	23.7	85%	75:00	1:00	1:16:00								
Drill	D							Warm-down	Warm-down	1	1.4	75%	5:00		0:05:00								
Main Set	F							Steady State								Distance:		27.6		Total Time:		1:31:00	
Drill	S							1.0								Distance:		4.0		Total Time:		0:43:31	
Warm-Down	V							5:00								Distance:		4.0		Total Time:		0:43:31	
1 Set Interval								38:05 Total Time:								42:07							



**Call for Power, Flexibility & Workout
Objectives: 1.630.457.7889**

Coconut Workouts

Half Full Distance Triathlon

TAPER WEEK -1

Workouts Prepared
Exclusively for
YOUR NAME HERE
August 1, 2019

TAPER WEEK -1

Week's Objectives:	
1.)	
2.)	
3.)	
Week Totals:	
Swim:	5700
Bike:	136
Run:	26
Hours:	13:43
Swim Base (100 M)	1:45
Bike Base (mph)	22.0
Run Base (mile time)	7:45

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	2.0	75%	20:40	1:00	21:40
Pacing	Steady state	1	2.0	90%	17:13	3:00	20:13
Warm-Down	Warm-down	1	1.0	70%	11:04		11:04
Descending			<u>Distance:</u>	<u>6.0</u>			<u>Total Time:</u> 1:04:02

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Monday -- SWIM							
(or Interval)							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	3	25	75%	1:45	0:10	2:15
Drill	Distance/Stroke	3	25	75%	1:45	0:10	2:15
Drill	Turnover	3	25	100%	1:19		
Drill	Combine All	3	25				
Main Set	Freestyle						
Main Set	Freestyle						
Drill	Sculling						
Warm-Down	Warm-down						

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Reverse Intervals							
(or Interval)							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	2.0	75%	20:40	1:00	21:40
Pacing	Steady state	1	2.0	90%	17:13	3:00	20:13
Warm-Down	Warm-down	1	1.0	70%	11:04		11:04
Brick Day			<u>Distance:</u>	<u>6.0</u>			<u>Total Time:</u> 1:04:02

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Tuesday -- BIKE							
Warm-up	Warm-up	1	8.8	80%	30:00		0:30:00
Big Gear	80 cadence	1	7.6	90%	20:00	3:00	0:23:00
Bigger Gear	70 cadence	1	5.9	90%	15:00	3:00	0:18:00
Biggest Gear	60 cadence	1	4.3	90%	10:00	3:00	0:13:00
Warm-down	Warm-down	1	4.4	80%	15:00		0:15:00
Flat Climbs			<u>Distance:</u>	<u>31.0</u>			<u>Total Time:</u> 1:39:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	2.0	75%	20:40	1:00	21:40
Pacing	Steady state	1	2.0	90%	17:13	3:00	20:13
Warm-Down	Warm-down	1	1.0	70%	11:04		11:04
Brick Day			<u>Distance:</u>	<u>6.0</u>			<u>Total Time:</u> 1:04:02

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Thursday -- BIKE							
Warm-Up	Warm-up	1	8.8	80%	30:00		0:30:00
Big Gear	80 cadence	1	7.6	90%	20:00	3:00	0:23:00
Bigger Gear	70 cadence	1	5.9	90%	15:00	3:00	0:18:00
Biggest Gear	60 cadence	1	4.3	90%	10:00	3:00	0:13:00
Warm-down	Warm-down	1	4.4	80%	15:00		0:15:00
Flat Climbs			<u>Distance:</u>	<u>31.0</u>			<u>Total Time:</u> 1:39:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Friday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	2.0	75%	20:40	1:00	21:40
Pacing	Steady state	1	2.0	90%	17:13	3:00	20:13
Warm-Down	Warm-down	1	1.0	70%	11:04		11:04
Brick Day			<u>Distance:</u>	<u>6.0</u>			<u>Total Time:</u> 1:04:02

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Saturday -- RUN							
Warm-Up	Warm-up	1	1.0	70%	11:04		11:04
Pacing	Steady state	1	5.0	85%	0:45:35	1:00	46:35
Fartlek	Variable	1	3.0	90%	25:50	1:00	26:50
Warm-Down	Warm-down	1	0.5	60%	6:28		6:28
Brick Day			<u>Distance:</u>	<u>9.5</u>			<u>Total Time:</u> 1:30:57

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Sunday -- BIKE							
Warm-up	Warm-up	1	13.2	80%	0:45:00		0:45:00
Steady State	85-90 cadence	1	16.5	90%	0:45:00	5:00	0:50:00
Rolling Climbs	85-90 cadence	1	9.4	85%	0:30:00		0:30:00
Warm-down	Warm-down	1	4.1	75%	15:00		0:15:00
Ladder-Steady & Rolling			<u>Distance:</u>	<u>43.2</u>			<u>Total Time:</u> 2:20:00

TYPE	CONTENT	QTY	DISTANCE	% EFFORT	MINUTES	RECOVERY	TIME
Wednesday -- SWIM							
(or Interval)							
Warm-Up	Warm-up	1	250	70%	6:15	1:00	7:15
Drill	Catch-up	2	25	75%	1:10	0:10	1:30
Drill	Distance/Stroke	2	25	75%	1:10	0:10	1:30
Drill	Turnover	2	25	100%	0:53	0:10	1:12
Drill	Combine All	2	25	100%	0:53	0:10	1:12
Main Set	Freestyle	2	200	85%	7:47	4:07	8:14
Main Set	Freestyle	1	400	85%	7:47	8:14	8:14
Main Set	Freestyle	2	200	85%	7:47	4:07	8:14
Drill	Sculling	1	50	75%	1:10	1:00	2:10
Warm-Down	Warm-down	1	250	70%	6:15		6:15
3 Set Reverse Intervals Mix			<u>Distance:</u>	<u>1950</u>	<u>41:05</u>		<u>Total Time:</u> 45:47

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